



**SPECIAL  
POINTS OF  
INTEREST:**

- Winter Safety
- Pumpkin Palooza 5K Run Results
- Smokeout Event
- Ebola Information
- Fast 5 Contest Winner



### Eat smart for digestive health

No one enjoys an upset stomach or the uncomfortable feeling of being unable to properly digest a meal or snack. Making thoughtful decisions about what you eat can lead to good digestive health.

Not surprisingly, when the body gets stressed out, the digestive tract sometimes reacts poorly. Plenty of factors can play into that stress, including your diet, any hormonal changes, medications and health problems, and even travel.

However, a nutritious diet that includes recommended daily amount of fiber can support your digestive system, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“Fiber is referred to as ‘nature’s broom’ because it keeps things moving through the intestines, sweeping out unwanted and unused digestion byproducts,” Hermann said. “Unfortunately, fiber is also the nutrient many of us are lacking in our diets.”

Women between 14 and 50 years old should strive to consume at least 25 grams of fiber a day, while men within the same age range should try for at least 38 grams daily.

Remember, there are a couple different types of fiber and it is important to incorporate both in your day. Insoluble fiber, otherwise known as roughage or bulk, is found in most plant foods, while foods such as fruits and legumes contain soluble fiber, which slows digestion by attracting water.

“Eating too much fiber, too fast can cause bloating and discomfort, so add it in gradually over time,” said Hermann. “Fluids interact well with fiber to keep things moving, so be sure to have a glass of water or another healthy beverage with your meals.”

In addition to fruits and vegetables, other good sources of fiber include whole-grain products, nuts and legumes. Also, some yogurts, cereals and other foods and beverages are fortified with fiber. “In order to add or increase the fiber in your diet, make

sure half your plate is filled with fruits and vegetables,” said Brenda Medlock, Kiowa County OSU Extension Educator. “You also can add salads to your meals and have fruit for dessert. Not to mention raw fruits, vegetables, nuts and air-popped popcorn work well as low-fat, high-fiber snacks.”

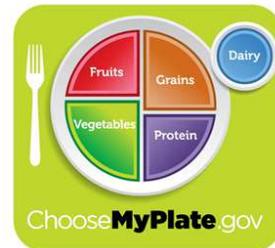
Besides boosting your fiber intake and adopting a balanced diet for better digestive health, consider creating an eating routine to encourage regular bowel movements and consuming smaller meals – four to five small meals daily rather than two or three larger ones – on a more frequent basis.

“Whether we realize it or not, digestion actually starts with our mouths, so chewing your food thoroughly helps breakdown some of the nutrients in our food,” Medlock said. “Once you’re finished eating, relax for a short time to give your food time to digest before you get active again.”

Finally, staying active on a daily basis also will support positive digestive health.

“The key is to pick something you enjoy doing, and keep in mind it doesn’t have to be vigorous like running or cycling,” she said. “Light and moderate activities such as stretching and walking count, too.”

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Red Rock Behavioral Health Services



Kiowa County Health Department

RPC Regional Prevention Coordinator



People are at greater risk in the winter season when they cook holiday meals, display decorations, and use unsafe heat sources. You can help prevent winter weather-related home fires with these safety tips.

Did you know?

- 905 people die in winter home fires each year.
• \$2,091,000,000 in property loss occurs from winter home fires.
• 67 percent of winter fires occur in one- and two-family homes.
• Cooking is the leading cause of all winter home fires.
• 5 to 8 p.m. is the most common time for winter home fires.

Are you aware?

During a winter storm, smoke alarms dependent on your home's electrical service may not work during a power outage. Check to see if your smoke alarm uses.

During a winter storm, don't use the kitchen oven range to heat your home. In addition to being a fire hazard, it can be a source of dangerous carbon monoxide fumes that can quickly overwhelm you indoors a back-up battery and install a new battery at least once a year. For more information check this website: http://www.usfa.fema.gov/prevention/outreach/winter.html

Source: National Fire Incident Reporting System 2009-2011



Winners of the Pumpkin Palooza 5K Run

1st place winner in the middle is A.J. Posas finishing in 22 minutes 35 seconds

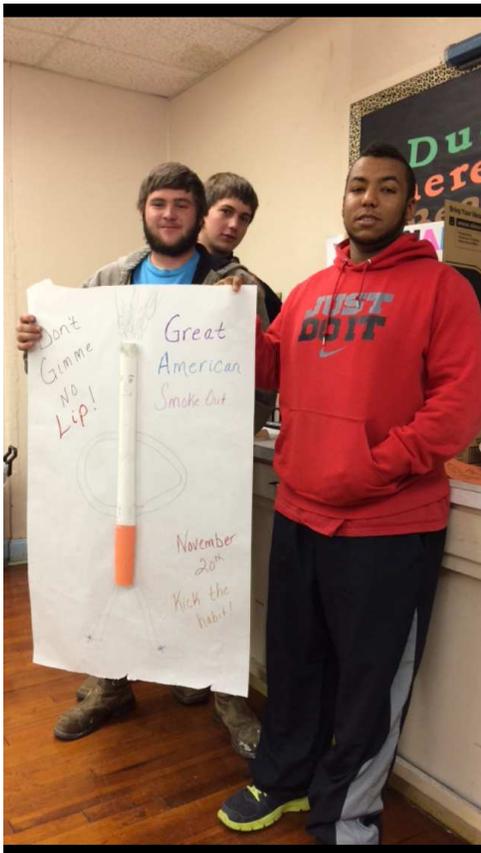
2nd place winner is Burl Stricker finishing in 22 minutes 45 seconds

3rd place winner is Tyler Stricker finishing in 25 minutes 25 seconds

The 1st Annual 5K Run/1 Mile Fun Walk was a huge success! It was a chilly but fun morning. Thank you to all the participants and to all that helped make this event happen. The Kiowa County Coalition and its partners look forward to making this event bigger and better for next year.



### Lone Wolf SWAT Members Participate in Great American Smokeout Event



Members of the Lone Wolf Students Working Against Tobacco (SWAT) team educated fellow students and community members during the Great American Smokeout, held November 20, 2014, by making poster to encourage others to lead a healthier lifestyle by quitting smoking and not exposing those around them to the dangers of secondhand smoke. Their posters were hung in the windows of the downtown businesses.

Each year the Great American Smokeout is held the third Thursday of November to encourage smokers to quit for 24 hours by calling the statewide helpline, 1-800-QUITNOW, or going online to OKHelpline.com, and then hopefully giving up the habit for the rest of their lives. Callers can receive free coaching, gum and patches to aid in quitting.

“The Lone Wolf SWAT team was very creative and involved in the Great American Smokeout this year,” said Sarah Benkley, Lone Wolf SWAT Adult Partner. “It’s important that their friends and family understand the dangers associated with tobacco.”

CKTEd was formed in 2007 with funding from the Tobacco Settlement Endowment Trust. Their mission is to expose the lies of Big Tobacco.



## Top 10 Things

You REALLY Need to Know about



# EBOLA

- #10 Your dog or cat is not spreading Ebola.
- #9 Food and drinks imported into the United States from West Africa are safe to eat and drink.
- #8 Mosquitoes are the deadliest animals in the world, but they don't carry Ebola.
- #7 Your family members, coworkers, and neighbors returning from countries with Ebola outbreaks don't pose a danger to you and your family.
- #6 Household bleach and other disinfectants kill Ebola.
- #5 If you're feeling sick, think flu not Ebola.
- #4 Ebola is not airborne.
- #3 The Ebola outbreak is not affecting the safety of airline travel.
- #2 Ebola is only spread from one person to another once symptoms begin.
- #1 You can't get Ebola from a handshake or a hug.

<http://www.cdc.gov/vhf/ebola/pdf/top-10-things.pdf>

### Caddo and Kiowa County LIVE! Coalition Selects FAST 5 Series Logo Contest Winner

The LIVE! Physical Activity and Nutrition Coalition would like to announce the winner of the FAST 5 Series in Action art logo contest, which was held through the Caddo Kiowa Technology Center Digital Arts Program and led by instructor Scott Wright. Emily Cameron of Cyril High School provided the winning entry, with additional entries submitted by Tracey Gabehart, Anadarko; Krystian Buentello, Fort Cobb; and Kaden Cook, Apache High School. As the first place winner, Cameron received an iPod nano that was donated to Great Plains Youth and Family Services, Inc., for this contest. In addition, all participants received a variety of prizes, including a Walmart gift card, art supplies and LIVE! T-shirts.

The FAST 5 Series in Action encourages youth throughout both Caddo and Kiowa Counties to participate in certified physical activities. For more information about this program, contact Staci Mauney, program coordinator, at 580.726.3383, at Great Plains Youth and Family Services, Inc. The LIVE! coalition was formed in 2011 with funding from the Tobacco Settlement Endowment Trust (TSET).



Students enrolled in the Caddo Kiowa Technology Center's Digital Arts Program in Fort Cobb recently submitted entries to the LIVE! coalition for the



FAST 5 Series in Action logo contest. The winning design selected by the LIVE! coalition was created by Emily Cameron, Cyril High School. Pictured left to right: Scott Wright, instructor; Kaden Cook, Apache High School; Krystian Buentello, Fort Cobb; Tracey Gabehart, Anadarko; Emily Cameron; Cindy Murphy, Caddo Kiowa Tobacco Education and LIVE! coalition member and Reita Babek, LIVE! coalition member.

## Kiowa County Coalition

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